

MEET DEMENTIA FOR A COFFEE



AND HELP ME STAY
WELL FOR LONGER

When a friend or relative is diagnosed with dementia it can be hard to know what to do, but helping someone stay connected and socially active can help them stay well for longer.

So doing all the things together you did before their diagnosis matters.

If you usually meet for a coffee, go shopping together, or go for walks, keep that going. Play your weekly game of golf or go and watch the local football.

By being there and helping someone to live their lives to the full, you will be helping more than you might think.

“When I was first diagnosed some of my friends weren’t being themselves. I had to remind them that I was still the same person that loves going to the gym, having fun and gossiping about the things we always did. Being able to still do these things together really helps me.” Irene, 62

It’s time to Rethink Dementia.



Find out more at
nhsinform.scot/RethinkDementia

